

## SPORTS SHORTS

### National Family Fitness Day

The National Family Fitness Day walk, skate, bike or scooter your way to better health as a family starts at 8 a.m. April 1 at the Fitness Center. The 1-km and 10-km (6 mile) run cost \$5 per person or \$15 for a family. Bring in three canned food donations and receive \$2 off registration. Awards will be given to top finishers.

### Basic Training

The class is a freestyle format and is held on Monday, Wednesday and Friday from 7 a.m. to 8 a.m. and includes all types of aerobic and straight conditioning moves. The Class is open to public; however, active-duty have first priority.

### 2006 Aloha Classic Basketball Tournament

This year's classic is April 9-15. Entry per team is \$325 per team. The tourney includes team and individual awards. Each player receives an Aloha Classic T-Shirt. Call the Fitness Center at 448-4640 or email christopher.myers@hickam.af.mil.

### Personal Trainers Available

Hire a certified fitness professional who works one-on-one with you to help you achieve and exceed your fitness goal. Trainers are certified through nationally recognized organizations. In addition, trainers advise on nutrition information to enhance your fitness program. For more information call 448-2214.

### Fitness Center hours

The fitness centering operating hours are Monday through Friday from 5 a.m. to 11 p.m.; Saturday 7 a.m. to 8 p.m.; Sunday and Holidays, 9 a.m. to 6 p.m.

### Intramural Soccer Standings

Teams	W	L	T
JPAC	6	0	0
MDG	5	1	1
352SVS	5	1	1
KQH	4	1	2
CES	4	1	1
MXG	3	4	2
PACAF	3	6	0
324IS 2	2	5	1
735AMS	1	3	3
324IS 1	1	3	2
COMM	0	7	1



Photos by TSgt. Robert Burgess

Above: Assistant Coach Virgil Gallardo reviews the team's statistics with Malik Johnson.

Far left: Malik Johnson grabs a rebound during a Saturday afternoon game at the Base Fitness Center. The Pistons play other island military base teams and Hickam teams in the 11-12 year old basketball age group.

Left: Coach and father Marcus Johnson and his son Malik before a basketball game at the fitness center.



# Jr. NBA for Hickam youth

By SrA. Airman Patrick Haney  
Kukini Correspondent

A Hickam 11 year-old basketball player will make a guest appearance at halftime when the Los Angeles Lakers play host to the Houston Rockets at Staples Center on April 2.

Malik Johnson earned his ticket through a combination of his basketball skills, sportsmanship, teamwork, leadership and grades in school.

"Each year the Junior NBA program, sponsored through Gatorade, provides an opportunity for every child in the nation to send in their application package," said Bonnie Bentley, Hickam youth sports coordinator.

Malik is representing, the best 150 (11 to 12 year old) Junior NBA players in the nation out of 600,000 who applied.

This Saturday Malik will be recognized at the Hickam Fitness Center during halftime of his youth basketball league game at 11 a.m. Present at that game will be Malik's father, Marcus Johnson his coach and mentor.

"As a coach, my father has taught me that if I'm struggling in one part of my game like scoring, to work harder in another part like playing defense," said Malik. "My dad also tells me that

although my idol Allen Iverson doesn't think practice is important, I should practice like I play."

The oldest of three children in the Johnson family, Malik is an easy-going, hard working and very inquisitive person. "He has this need to know everything about anything that interests him," said Coach Johnson. "When he's not playing basketball he's reading about it - on the internet, in magazines, or books."

Malik's coach said he is very coachable and really wants to understand every facet of whatever challenge is placed in front of him.

The 5 feet 11 inches tall youth doesn't have a favorite part of the game but enjoys everything about the game. He said the parts I take most pride in are rebounding and blocking shots. "My mom (Lesly Johnson) really likes it when I block shots."

Although Malik's entrance into the Lakers' game is paid for, his airfare and hotel stay are not. For more information on how to help sponsor Malik's trip please contact Ms. Bentley at Bonnie.Bentley@hickam.af.mil or at 448-4492.

Malik Johnson plays center for the Pistons and makes his presents known on defense.



# Hickam ALS partners with Philippine Air Force

By Kirsten Tacker  
Kukini Photojournalist

Five Philippine Air Force members are taking part in Hickam's Airmen Leadership School to develop trainers to fill the gap in their professional military education for lower ranking airmen.

The relationship began in June, 2005, when the Philippine Air Force asked senior noncommissioned officers from Pacific Air Forces to assess their PME.

"This was basically a PACOM and PACAF mission to go over there and assess their military education," said Chief Master Sgt. Jerol Mariotti, commandant of the PME center. The request stemmed from an earlier visit in

2004, made by Philippine Defense Secretary Avelino Cruz, Jr. who came to Hickam to view professional military education, not only through the Air Force, but also, the Army, the Marines and the Navy.

"We already have PME in the Philippines, but we are here to see how things are being done under enlisted development where PME is concerned," said Chief Master Sgt. Cesar Soloria, Philippine Air Force command Sgt. Maj., the equivalent of Chief Master Sgt. of the Air Force, Gerald Murray. "To develop our lower ranking airmen, because as of now there seems to be a gap."

As the Philippine Air Force looks to close the gap on enlisted development,

Hickam opened its door to extend ALS to them.

"This is the first time we've had students that are eventually going to go back to their country and teach that leadership course," said Chief Mariotti. "Enlisted development is a big thing these days not only for the U.S. but for the Philippines."

"This course is the first line supervisor's course, the first level of PME that their Air Force people will attend," said Chief Mariotti. "They don't have an airmen leadership course

See ALS, B3

Airman Leadership School students and Philippine Air Force students from class 06-B warm up for Fit to Fight activities.





# Crossword Puzzle: Air Force Moves

By Capt. Tony Wickman  
71 Flying Training Wing  
Public Affairs

ACROSS

- 1. Small lake
- 5. Nickname for only General of the Air Force
- 8. WWII mil. vehicle
- 12. Slither
- 14. Rope with weights attached
- 15. Major or minor
- 16. House hunting or delay en route entitlement
- 17. Mil. quick
- 18. Type of reimbursable HHG movement
- 19. Non-temporary \_\_\_\_; paid holding of HHG while at austere base
- 21. Detached
- 23. Tiger's org.
- 24. Oriental metal pan
- 25. California mount
- 29. USAF org. who handles flights, reservations
- 32. New Zealand native
- 33. Breach

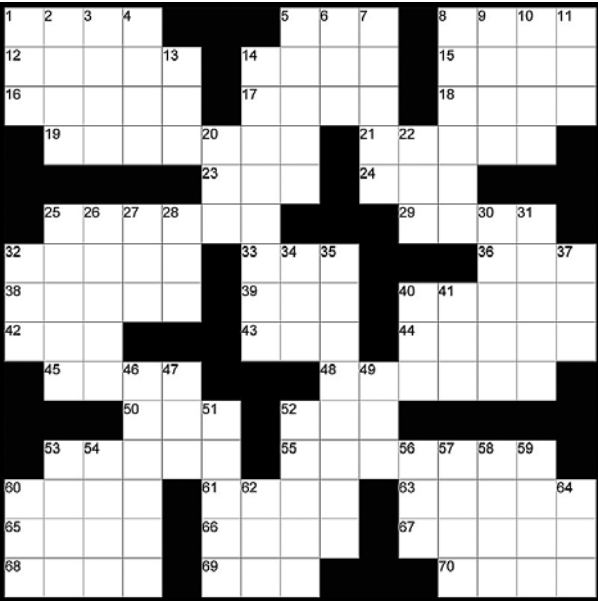
- 36. TV show Monk title character disease
- 38. Grads
- 39. Federal org. concerned with ecology
- 40. Cut up
- 42. Original computer operating system, in short
- 43. USAF PME
- 44. Stateside base designation
- 45. Dodge vehicle
- 48. Black eye
- 50. Yanks' Civil War opponent
- 52. Health spot
- 53. Emblem
- 55. Temporary expense allowance at stateside base (up to 10 days)
- 60. Colorless
- 61. Row
- 63. Nonchalant
- 65. Scent
- 66. Restore
- 67. Stare with malice
- 68. Where pets must go before PCS
- 69. Bark sharply


DOWN

- 1. AAA league
- 2. Mining goals
- 3. Tidy
- 4. 80s band
- 5. Hebrew prophet
- 6. Maxwell AFB St.
- 7. SE deciduous tree
- 8. Japanese fighter
- 9. 2000 film \_\_\_\_
- 10. 10th Cen. Renaissance Italian noble family
- 11. Advance \_\_\_\_; up to 3 month for PCS personnel
- 13. Each
- 14. Accompanied and unacpanied; TMO shipped items
- 20. Inclined
- 22. \_\_ Angeles
- 25. Boutique
- 26. Primary concern during PCS
- 27. Appendage
- 28. Sib
- 30. Metric weight


- 31. Happen
- 32. Angry
- 34. Overseas mil. address
- 35. Necessary item if PCS-ing overseas
- 37. \_\_\_\_ Moines
- 40. AT&T competitor
- 41. Charged particle
- 46. Must item before setting PCS appointments
- 47. Pos. opposite
- 49. Owned
- 51. Seamstress Ross
- 52. Doze
- 53. Commanded
- 54. Much
- 56. Joke
- 57. Trouble
- 58. Ark builder
- 59. 2000 presidential candidate
- 60. Overseas basing shipping entitlement
- 62. Ain't \_\_\_\_ shame
- 64. G-man

See SOLUTION, B4





**1st Lt. Chelsea Kellso**  
535th Airlift Squadron Pilot Scheduler



**Your unit rocks because:** The C-17 offers power to the Pacific! The members of the 535th and the 204th are working very hard to establish Hickam’s best Airlift squadron yet. The energy and motivation of the new squadron has made a great working environment.

**My job affects all of Hickam in that:** Standing up a new C-17 squadron required the assistance of all of the units on Hickam. The squadron as a whole has integrated into the daily operations of each unit on base since the arrival of the first airplane. As a scheduler, it is my job to make sure the missions have aircrew and we are ready to fly.

**When not at work, I spend my off duty time:** Training for my first Sprint Triathlon, Learning to surf, and finding new Hawaiian foods to try.

**Something people don’t know about the your unit:** We operate as an associate unit, working jointly with the Hawaii Air National Guard to provide support for PACAF, AMC, and Hawaii missions.


**If I could change one thing about Hickam, it would be:** There would be less fast food restaurants and more healthy food lunch options. I am very happy to see Planet Smoothie in the gym.

**What the supervisor has to say:** Lt Kellso is an outstanding officer and pilot. She works hard to schedule the right crewmembers to get the mission done safely. Lt Kellso leads the way in PT and other squadron activities. She never says, "that's not my job."

*Lt. Col. David Almand  
535th AS, director of Operations*


### AT THE MOVIES

**Friday and Saturday 7:00 p.m.**



**When A Stranger Calls** – While babysitting, a high school student is terrorized by a stranger who calls her, asking “ have you checked the children lately?” The police eventually notify her the calls are coming from inside the house. Starring Camilla Belle and Katie Cassidy. Rated PG-13 (intense horror, violence and some language).

**Sunday 7:00 p.m.**



**Final Destination 3** – When a high school student fails to stop the fated roller coaster ride that she predicted would cause the deaths of several of her friends, she teams with a school-mate, in a race against time to prevent the Grim Reaper from revisiting the survivors of the first tragedy.Starring Mary Elizabeth Winstead and Ryan Merriman. Rated R (strong horror violence/gore, language and some nudity).

Memorial Theater 448-2297 • CLOSED Monday and Tuesday

## ALS , From B1

in their country, but they do have PME.”

The proposed course that the Philippine Air Force develops from taking part in ALS, allows the U.S. Air Force to contribute to the Philippine Defense Reform.

“The Philippines have a reform called the Philippine Defense Reform and enlisted development is part of that reform,” said Chief Mariotti.

As part of the PDR, improving the armed forces is what has precipitated this joint military venture.

“The Army has already done this and now they’ve stood up a course in the Philippines, so we are doing the Air Force side of it,” said Chief Mariotti. “PACOM is helping different countries with enlisted development. They’ve gone into Mongolia and the Philippines. It is a partnering with other countries on



Photo by Kirsten Tacker

**Philippine Air Force Command Sgt. Maj. Cesar Soloria and SSgt Michael Oser 25th Air Support Operations Squadron direct their attention toward classroom discussion.**

security assistance and the global war on terrorism and having strong ties with those countries.”

“The school is doing a wonderful job, especially the commandant himself,” said Chief Soloria. “Hopefully when we go

back home, we can stand up the program we learn from here. These four guys here with me, will be the ones to teach whatever program we will be implementing in our country.”

In class students learned a lot about communication

skill development, the art of writing, Air Force culture, bullet statements, team development and conflict management, the procedures and steps on how to go about resolving conflict.

“You know they have made so many friends here in such a short time,” said Chief Mariotti. “The Philippine community right here in Hawaii whether it be military or civilian has welcomed them in.”

The bonding and partnership doesn’t end with the five Philippine Air Force members visit to Hickam.

“From here they are going to Schofield Barracks for three weeks for instructor training course to be trained as instructors,” concluded Chief Mariotti. “Also while at Schofield they will be going through the Combat Life Saver course, a course taught by PACAF instructors.”

Smoothies at Fitness Center



Mark Anthony Bates

Planet Smoothie’s Mary Grace Evangelista takes an order for Senior Master Sgt. Calvin Woodard and his wife Josie after their workout. Plant Smoothie recently opened it’s doors at the base fitness center, during a ribbon cutting ceremony, Tuesday.

FitFactor promotes healthy lifestyle for Air Force youths

By Kirsten Tacker  
Kukini Photojournalist



FitFactor, the Air Force-wide youth fitness program is a point-based youth program that has nothing to do with wins or losses, but everything to do with assisting youths in having fun, taking responsibility and to get up, get out and get fit.

For youths between the ages of 9 and 18 as of October 1, 2005 points earned continue with them to their next destination. There are five levels, energy, strength, agility, adventure and endurance, each level achieved comes with a gift.

“My son goes to basketball practice and gets 75 points a day, he’s already doing it,” said Dana Smith, Fit Factor administrator. “He comes home he has to wash the dishes every day that’s 25 points, you can only put a 100 points in a day.”

Fit Factor has everything from earning points for mowing the grass to points for a physical education class.

“They made it as super easy as possible,” said Ms. Smith. “Our challenge right now is that the youths aren’t logging in their points.”

Registration is a simple process with the help of Ms. Smith.

“The youths register with me,” said Ms.

Smith. “I’ve got a form, they can call me, and we do whatever it takes to get them register. Just for registering they get a lanyard, and a pin just for signing up.”

The individual signs up on the Air Force FitFactor Web site, <http://www.afgetfit.com/home.aspx> and register their password. There are 13 pages of activity points on the site.

“They do it all,” said Ms. Smith. “To be honest, my leading level makers have help from their parents. Youths are busy and they forget, but what they should to do is log in all their points.”

To be successful in this program logging in points is essential and if a computer is not accessible in the home, Ms. Smith said she would be happy to let anyone log in their points on her computer.

“The Air Force offers non-competitive based youth sports program,” concluded Ms. Smith. “Fun and fitness is what we are about.”

For more information, call 448-8026.

SOLUTIONS, From B2

C	D	S		B	A	S		B	O	B		S	I	N
O	I	C		A	C	C		E	A	T		N	C	O
L	N	O		S	E	A		D	R	U		A	B	D
A	A	F	E	S		T	A	U				P	M	E
R	F	I			H	O	I		S	B	P			
S	S	S			F	E	R	N		C	A	I	R	O
				C	O	D		S	T	E	R	E	O	S
G	A	T	E	A	U				I	N	B	R	E	D
A	I	R	D	R	O	P		V	E	T				
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	I	T	S		R	E	N			A	S	H		
A	L	L			A	F	I		A	F	S	O	C	
T	O	E		A	M	S		L	E	E		E	W	O
S	A	R		L	O	E		L	O	T		R	E	D
O	C	S		I	E	D		A	D	C		T	D	Y

CHAPEL

Editor’s note: For more information on Base Chapel services or for prayer requests call the Chapel Center at 449-1754 or Nelles Chapel at 449-6562.

PROTESTANT	JEWISH	CATHOLIC	ISLAMIC	BUDDHIST
Nelles Chapel	Aloha Jewish Chapel,	Nelles Chapel	Friday Congregational	Honpa Hongwanji Hawaii
Sunday Contemporary	Pearl Harbor	Weekday Mass	Service	Betsuin A Shin
Service 8:30 a.m.	473-0050	11:30 a.m.	(1935 Aleo Place,	Buddhist Temple
Sunday Gospel Worship	Jewish Lay Leader	Saturday Confessions	Punahou)	536-7044
11:15 a.m.	Mr. David Bender	4:15 p.m.	1 p.m.	
Sunday Praise Gathering	527-5877	Saturday Mass 5 p.m.	Muslim Association	ORTHODOX
5:30 p.m.	Naval Station Chapel	Chapel Center	of Hawaii	For more information,
Chapel Center	473-3971	Sunday Mass 10 a.m.	947-6263	call 438-6687
Sunday Traditional				
8:30 a.m.				





**AF Reserve Command  
Patriot World Tour 2006  
- Lee Greenwood**

A free concert at the Tower Mall is April 17 from 6 to 9 p.m. featuring Lee Greenwood, Restless Heart, New England Patriot Cheerleaders, Dick Hardwick and AFRC Composite Band. A variety of food booths will be available starting at 5 p.m. Call the Community Center at 449 – 2361 for further details.

**PBA Tournament**

Professional Bowlers Association from the northwest region title is April 27 and 28. This exciting two-day event is filled with entertainment and features “Meet the Pros” and “Bowl in the Pro Am” April 27. Winners of this tournament compete for the National Bowling Association Championship on Friday, April 28 from 8 a.m. to 7 p.m. Celebrity bowlers tentatively scheduled to compete are: Robert Smith, Tony Reyes, Dave Arnold and Chris Warren.

**Fitness & Sports Center  
Sports Day**

Team Hickam Sports day is Friday, April 7 at the Earhart Sports Complex. Deadline for registration deadline is March 31.

**Sports Day**

Sports Day Events include: Starting with the Warrior Run at 7 a.m, par-3 golf, fitness challenge, bowling, racquetball, 3-on-3 basketball, Ultimate Frisbee, 1 pitch softball against the chiefs group and eagles 1 Pitch and Dodge Ball.

Commander’s Cup points will be awarded for participation and to the top three finishers in each event. Additionally, points will be awarded to units volunteering to assist with an event (one event and unit). Register your teams through your unit Fitness & Sports Advisory Council representative.

For more information, call 448 – 4640 or 448 – 4639.

**Pau Hana Party**

Every Friday night from 4:30 – 6:30 p.m. in the Green Room, free pupus for members. For more information, call Officers’ Club at 448-4608.

**Easter Brunch**

The Officers Club Easter bunch is April 16 and cost \$22.95 per person, \$2 members first discount are available for purchase now. Tickets are available now. Call the Officers’ Club for more information at 448-4608 x15.

**Mamala Golf Course**

The Annual 54-Hole Hickam Invitation Golf tournament is May 5 - 7. Entry Fee is \$145. Format: Stroke Play. Merchandise

certificates will be awarded throughout each flight. Flights are: Championship, Alpha, Bravo, Senior and Super Senior. Tournament is open to all military and civilian players. Entries will be accepted from March 20 – April 21 or until the field is full. For more information, call, 448-2318.

**Outdoor Recreation**

Learn to scuba dive and swim

Throw pool parties and have fun shaping up in water fitness course. For more information, call Outdoor Recreation 449 – 5215.

**Enlisted Club**

12th Annual Enlisted Club Golf Tournament

The annual tournament at Mamala Bay Golf Course has been rescheduled to April 14. Post tournament dinner is a prime rib and fish dinner at the Enlisted Club. For more information, call the Enlisted Club 448 - 2271.

**Easter Brunch**

Tradewinds enlisted Easter brunch is April 16 and cost is \$22.95 per person, \$2 members first discount tickets are available for purchase now. Call the Enlisted Club at 448 – 2271.

**Texas Hold-’em  
Tournament**

Poker players bring your best bluff to Texas Hold-’em April 7 at 7 p.m. in the Daedalian Room. Free for members, non-members pay \$15. Pre-paid reservations

**CLUTCH to perform Saturday**



Courtesy Photo

The group CLUTCH will be performing Saturday at 7 p.m. at the Hickam Community Center. A backyard barbeque starts at 5 p.m. and seating opens at 5:30 p.m. CLUTCH prides themselves on being a great live act that brings fans of various styles together under one roof.

are required. Call 448 – 4608 x15 for reservations.

**31st Annual Hickam  
Spring Craft Fair**

This year’s fair will be held May 6 from 9 a.m. to 3 p.m. Get ready to participate in one of the biggest craft fairs on the Island. Registration begins Saturday, April 15 at 8 a.m. and ends May 5. A 15ft x 15ft space is only \$65. Share the space with another participant and split the cost of \$85. All work must be hand-made by you. Bring samples of what you’ll be selling, the day you register. To register by mail call the Arts and Craft Center for an application 449 – 1568 x101.

**Easter Egg Painting  
Class**

The classes are April 1, 8 and 15 from 10 a.m. to noon and cost \$10 per day. Ceramic eggs will be provided. All ages welcomed. Sign up at the Ceramic Shop or call 449-1568 x 110.

**Build a Beautiful Gift**

Take a class, or build your dream project at our spacious, well equipped facility conveniently located in our Hickam neighborhood. Required safety qualifications classes are offered every Saturday morning from 8:30 to 10 a.m. Call the Wood Hobby Center 449 – 3592.

**Teen Drivers Education  
Instruction**

Classes are on-going and are Saturday’s from 10:30 a.m. Saturday’s 10:30 a.m. to 4 p.m. The next session begins in April. This is a six-week class followed by six hours of behind the wheel instruction. The fee is \$365. Call the Community Center to register 449 – 3354.

**Drama Classes**

The S.T.A.R.S. ON STAGE (Singers, Thespians and Rising Stars) acting group is looking for new students. Children ages 7 to16 are invited to sign-up for performing arts classes (Musical Theater and Karaoke).